

Mon

Breakfast



Nutty Apple Banana Overnight Oats

Snack 1



Snack Box

Lunch



Lentil & Spinach Soup

Dinner



Pumpkin Seed Pesto Pasta

Snack 2



Tofu Scramble Toast

Mon

Fat 32%

Carbs 45%

Protein 23%

Calories	2340
Fat	90g
Carbs	281g
Fiber	68g
Sugar	86g
Protein	143g
Cholesterol	2mg
Sodium	598mg
Vitamin A	9243IU
Vitamin C	92mg
Calcium	1498mg
Iron	41mg

Fruits

- 1 Apple
- 1/2 Banana
- 1 cup Grapes
- 1/3 cup Lemon Juice

Breakfast

- 1 tbsp Almond Butter
- 1 tsp Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tsp Cinnamon
- 1 tsp Cumin
- 1 cup Pumpkin Seeds
- 1/4 tsp Turmeric

Frozen

- 1 cup Frozen Edamame

Vegetables

- 4 cups Baby Spinach
- 3 cups Basil Leaves
- 2 1/2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 8 Garlic
- 1 1/2 Yellow Onion

Boxed & Canned

- 1 1/3 cups Dry Green Lentils
- 1 lb Protein Pasta
- 7 cups Vegetable Broth, Low Sodium

Baking

- 3 tbsps Nutritional Yeast
- 1/2 cup Oats
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 7 3/4 ozs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini

Cold

- 1/2 cup Soy Milk
- 1/3 cup Soy Yogurt

Other

- 2 tbsps Vanilla Protein Powder
- 2 tbsps Water



Nutty Apple Banana Overnight Oats

1 serving
4 hours 10 minutes

Ingredients

1/2 cup Oats
2 tbsps Vanilla Protein Powder
1 tbsp Chia Seeds
1/2 cup Soy Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1/3 cup Soy Yogurt
1 Apple (diced)
1 tsp Cinnamon
1/2 Banana (sliced)
1 tbsp Almond Butter

Directions

- 1 Add oats, chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sauté until the apples are slightly browned, 5-7 minutes.
- 3 Remove oats from refrigerator and pour the yogurt mix on top. Layer in apples and bananas. Drizzle with nut butter. Put back in fridge for 4 hours minimum, or overnight to set.

Nutrition

Amount per serving	
Calories	611
Fat	19g
Carbs	91g
Fiber	18g
Sugar	36g
Protein	27g
Cholesterol	2mg
Sodium	85mg
Vitamin A	144IU
Vitamin C	14mg
Calcium	407mg
Iron	4mg



Snack Box

1 serving
5 minutes

Ingredients

- 1 cup Grapes
- 1 cup Frozen Edamame (roasted)
- 2 tbsps Pumpkin Seeds

Directions

- 1 Combine the ingredients in a snack box. Enjoy!

Nutrition

Amount per serving	
Calories	339
Fat	16g
Carbs	31g
Fiber	10g
Sugar	19g
Protein	24g
Cholesterol	0mg
Sodium	12mg
Vitamin A	556IU
Vitamin C	13mg
Calcium	118mg
Iron	5mg



Lentil & Spinach Soup

3 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 cups Dry Green Lentils
- 7 cups Vegetable Broth, Low Sodium
- 1 tsp Cumin
- 2 cups Baby Spinach (chopped)
- 2 tbsps Lemon Juice
- 1/2 cup Cilantro (chopped)
- 1/4 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	394
Fat	6g
Carbs	66g
Fiber	11g
Sugar	10g
Protein	22g
Cholesterol	0mg
Sodium	283mg
Vitamin A	2098IU
Vitamin C	21mg
Calcium	79mg
Iron	8mg

Directions

- 1 Heat the oil in a large pot over medium-high heat.
- 2 Add the onion and the garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 3 Add the lentils, vegetable broth, cumin, and spinach to the pot and stir to combine.
- 4 Bring to a boil, then reduce the heat and let simmer for 20 to 25 minutes, or until the lentils are tender.
- 5 Stir in the lemon juice and the cilantro and top with chili flakes, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add more vegetables like celery, carrots, and cabbage. Add sea salt to taste or use regular broth.



Pumpkin Seed Pesto Pasta

4 servings
40 minutes

Ingredients

- 3/4 cup Pumpkin Seeds
- 2 tbsps Tahini
- 2 tbsps Nutritional Yeast
- 2 Garlic (peeled)
- 2 tbsps Water
- 3 tbsps Lemon Juice
- 1 cup Baby Spinach
- 3 cups Basil Leaves
- 1 lb Protein Pasta
- 2 cups Cherry Tomatoes (sliced)

Nutrition

Amount per serving	
Calories	602
Fat	23g
Carbs	75g
Fiber	21g
Sugar	13g
Protein	41g
Cholesterol	0mg
Sodium	153mg
Vitamin A	3011IU
Vitamin C	23mg
Calcium	200mg
Iron	15mg

Directions

- 1 For the pesto: In a food processor, combine the pumpkin seeds, tahini, nutritional yeast, garlic, and lemon juice. Process briefly to break up. Add the basil and spinach and process again.
- 2 Cook the pasta according to package directions until al dente (almost fork-tender). Retain a small amount of the cooking water (1/4 cup or so) and drain the pasta, but don't rinse.
- 3 Return the pasta to the pot and toss with your desired amount of pesto, plus a tablespoon at a time of the reserved cooking water, until the pasta is as saucy as you like.
- 4 Season to taste w/ salt and black pepper. Serve garnished with sliced tomatoes and lemon wedges.



Tofu Scramble Toast

1 serving
15 minutes

Ingredients

- 7 3/4 ozs Tofu (firm)
- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Cherry Tomatoes (sliced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric

Nutrition

Amount per serving	
Calories	394
Fat	26g
Carbs	18g
Fiber	8g
Sugar	8g
Protein	29g
Cholesterol	0mg
Sodium	65mg
Vitamin A	3434IU
Vitamin C	21mg
Calcium	694mg
Iron	9mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and tomato. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through. Add to toast and enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers: Store in the fridge up to 3 to 4 days.